

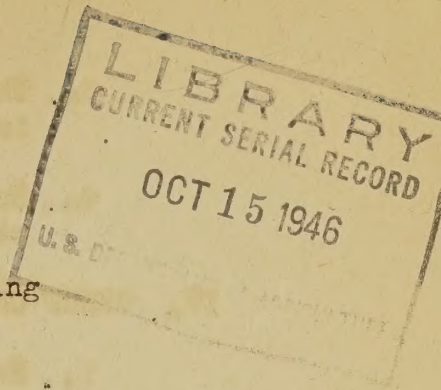
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UNITED STATES DEPARTMENT OF AGRICULTURE  
Extension Service  
Washington 25, D. C.

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SUGGESTED NATIONAL 4-H HEALTH PROGRAM

For Discussion by Delegates and Leaders Attending  
National 4-H Club Camp, 1946



I. OBJECTIVES

- A. To help 4-H members and their leaders gain a personal consciousness and understanding of physical and mental health consistent with advancing standards and scientific knowledge.
- B. To help youth share in the responsibility for improving the home and community health conditions.
- C. To help young people grow and develop sound bodies and mature personalities.

II. PURPOSE

At the request of the National 4-H Subcommittee these suggestions are submitted as the basis for discussion and possible action. It is desired to point out these pertinent limitations in purpose:

1. These suggestions are intended to implement Guidepost VIII of the National 4-H Postwar Program.
2. Their scope is intentionally limited to what is considered a practicable and manageable program.
3. Inasmuch as another committee is reexamining the present National Health Contest, no reference is made to it in these suggestions. Whatever recommendations are adopted concerning the health contest as it has been conducted in the past, should be considered along with this report.

III. In proposing a revitalized 4-H Club health program the committee suggests:

1. The program should be planned and projected on the basis of the major health needs of young people in each community or area.
2. 4-H health programs should be planned and executed in consultation with local or State health authorities. These agencies can probably help most by advising and assisting with the health program planned by extension people.



3. The program should be personalized and meaningful to each individual club member.
4. Special features that attract and appeal to youth must be stressed.

#### IV. GROUP OR CLUB HEALTH PROGRAMS

1. Survey community health problems or situations of young people. Consult with parents and community leaders about major health needs.
2. Select and sponsor one phase of health education for special emphasis each year on a club or area basis, such as tuberculosis, hookworm, malnutrition, teeth, feet, skin, or home sanitation.
3. Organize or assist with community health program based on facts revealed by survey, for example:
  - Physical and dental check-ups.
  - Safety and sanitation campaigns.
  - Mosquito-control program to prevent malaria.
4. Cooperate with approved health activities such as stamp sales for tuberculosis and crippled children, March of Dimes, and Cancer-Control drives.
5. Learn and practice basic first-aid measures such as:
  - Artificial respiration.
  - Treatment of burns, cuts, and bruises.
  - Preparation and use of a standard first-aid kit.
6. Study and use fundamental home-nursing practices such as:
  - Preparation of the invalid's tray.
  - Making and using sickroom equipment.
7. Practice health rules at all 4-H Club meetings, such as:
  - Good light and ventilation.
  - Reasonable hours.
  - Light, well-balanced refreshments.
  - A balance between education and recreation in programs.
8. Sponsor or cooperate in procurement of needed health facilities or equipment, such as:
  - Iron lung.
  - Ambulance.
  - Hospital room.



## V. INDIVIDUAL HEALTH ACTIVITIES

## A. Personal health check-up.

1. Physical examination once a year, including:
  - a. Heart and blood-pressure check.
  - b. Visual and audio check.
  - c. Neural check.
  - d. Blood test for ages over 15.
  - e. X-ray of chest if facilities are available.
2. Follow up findings of the health check-up with appropriate remedial action.
3. Visit dentist at least once a year for:
  - a. Search for cavities.
  - b. Repair of all fillings.
  - c. Cleaning if needed.
4. Learn and follow the food habits essential to full growth and good health.
  - a. Use check sheet to check own food habits.  
(A suggested one is attached.)
  - b. Use check sheet to check own health habits periodically.  
(A suggested one is attached.)

## B. Take advantage of all modern disease-control measures.

1. Immunization for diphtheria and typhoid.
2. Vaccination for smallpox.
3. For other contagious diseases follow the recommendations of State health departments.
4. X-ray of chest if facilities are available.



- C. Follow the four-point 4-H safety program.
  - 1. Find the hazards.
  - 2. Remove all you can.
  - 3. Learn to live with the rest.
  - 4. Prepare to treat the accidents that do happen.
- D. Study home sanitary conditions in cooperation with parents.
  - 1. Make a survey of possible sources of contamination, such as water supply, milk and food supply and storage, sewage and garbage disposal, prevalence of disease-carrying insects and rats.
  - 2. Plan and adopt a program of home sanitary improvement.
- E. Prepare and give demonstrations on good health practices.

#### VI. METHODS, PROCEDURES, AND TECHNIQUES

- A. Have contact and counsel with local health authorities.
- B. Follow up local health incidents or accidents with positive health education.
- C. Use all possible visual aids from public or private sources to aid the program, such as charts, films, slides, exhibits, and literature.
- D. Organize health demonstrations, festivals, programs, and contests; set up a health booth; prepare posters.
- E. Use local personnel and facilities for teaching and promoting health. Examples: Local nurse, doctor, public health officer, group health association, hospital.
- F. Glamourize health education.
  - 1. Encourage the use of health skits, playlets, songs, and the like, at community meetings.
  - 2. Use the appeals of a happy smile, rosy cheeks, sparkling teeth, bulging muscles, and full growth.



G. Use a method of scoring individual health achievement such as the outline below. This may serve as the basis for local, county, State, or national awards or recognition.

1. Health habits' check-up ..... 15  
(Similar to Wisconsin check sheet attached.)
2. Food habits' check-up ..... 15  
(Similar to check sheet attached.)
3. Record of participation in other individual health activities ..... 40  
(Based on recommendations under Section V.)
4. Record of participation in group health activities ..... 30  
(Based on recommendations under Section IV.)

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Total 100



# SUGGESTED PERSONAL FOOD-HABITS CHECK-UP

I will consider my food habits carefully-- then check-- then improve

FOOD I NEED TO EAT EVERY DAY	These I do now	These I need to improve	These I have improved
<u>MILK</u> --for health, bones, and teeth 3/4 to 1 quart	:	:	:
<u>FRUITS AND VEGETABLES</u> --for minerals and vitamins for health and growth	:	:	:
Green and yellow--vitamin A, 1 serving	:	:	:
Tomato, citrus fruits, or raw cabbage-- vitamin C, 1 serving	:	:	:
Potato, 1 serving	:	:	:
Two additional servings of either fruits or vegetables	:	:	:
<u>MEAT, POULTRY, FISH, CHEESE, EGGS, DRIED BEANS AND PEAS</u> --for body building 1 serving of any 2	:	:	:
<u>BREAD OR CEREALS</u> --whole grain or enriched every meal for energy and vitamins	:	:	:
<u>BUTTER OR FORTIFIED MARGARINE</u> --for vitamin A	:	:	:

I eat three meals at regular hours.

I drink at least 6 to 8 glasses of liquid, including milk, fruit and vegetable juices, and water.

I avoid eating candy or sweets before meals.



SUGGESTED PERSONAL HEALTH-HABITS CHECK-UP

To keep my body in good running order

I will consider my habits carefully-- then check-- then improve

	These I do now	These I need to improve	These I have improved
Habits to promote good health			
Keep smiling:			
A smile is a tonic for you and others.			
Wear healthful clothing:			
Correctly fitted shoes.			
Clothes to protect the body in winter and summer.			
Be clean--to avoid infection and for good appearance:			
Hands washed frequently.			
Teeth brushed twice daily.			
A full bath twice a week.			
Clean clothing.			
Good posture--for your good looks and good health:			
Back up against the wall. Do your head, shoulders, back, and hips touch?			
(Check your posture often.)			
Sufficient sleep--feel like getting up in the morning:			
9 to 11 hours sleep.			
Exercise in fresh air:			
1 to 2 hours daily.			
Play awhile:			
A hobby of your own or fun with friends.			
Breathe correctly:			
Use your diaphragm--place your hands on your ribs just above your waistline. Deep breathing causes your rib cavity to expand.			
Rising and falling of the chest shows shallow breathing.			
Regular bowel movement.			
Use eyes wisely:			
Sufficient light; upright position for reading.			





SUGGESTED PERSONAL HEALTH-HABITS CHECK-UP--continued

Habits to control disease	: : These : I do : now	: : These : I need : to : improve	: : These : I have : improved
Stay at home with a cold.	:	:	:
Use a handkerchief for coughs and sneezes.	:	:	:
Avoid using common towel, toilet articles, or drinking cups.	:	:	:
Cooperate in these health measures:	:	:	:
Vaccination for smallpox.	:	:	:
Immunization for typhoid.	:	:	:
Immunization for diphtheria.	:	:	:
	:	:	:

Respectfully submitted to 4-H Subcommittee of Committee on Extension  
Organization and Policy of the Land Grant College Association,  
February 24, 1946.

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